



Stars, Stripes And School Lunch

October 14-18, 2002

**An idea packet to celebrate National School
Lunch Week brought to you by the
Montana Team Nutrition Program
of the Office of Public Instruction,
School Nutrition Programs**



Developed by:

Molly Stenberg, RD, Nutrition Consultant

Project Supervisor:

Katie Bark, RD, Team Nutrition Program

This packet will also be available on the Internet at the Office of Public Instruction's, School Nutrition Programs website:

www.opi.state.mt.us/schoolfood/index.html

Click on Team Nutrition to find the link to the NSLW 2002 packet. We are here for questions and suggestions, so feel free to give us a call!

Montana Team Nutrition Program of the Office of Public Instruction

Montana State University

P.O Box 173360, 202 Romney Gym

Bozeman, MT 59717

Phone: (406) 994-5641 Fax: (406) 994-7300

Email: kbark@state.mt.us

This project is funded by a grant from the United States Department of Agriculture (USDA). Child Nutrition programs are equal opportunity programs. The USDA prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, disability, political beliefs, and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the USDA office of Communications at (202) 720-2791. To file a complaint, write the Secretary of Agriculture, USDA, Washington, DC 20250, or call (202) 720-7327 (voice) or (202) 720-1127 (TDD). Prepared by the Montana Office of Public Instruction, Linda McCulloch, Superintendent

August 2002

National School Lunch Week 2002

The Montana Team Nutrition Program of the Office of Public Instruction has developed this packet to give you ideas on how to celebrate National School Lunch Week (NSLW) at your school. In this packet you will find ideas ranging from how to decorate your cafeteria and plan a special menu to teaming up with teachers, local heroes and/or parents to teach students about the many connections between patriotism, American History and school meals.

When you celebrate National School Lunch Week from October 14-18, 2002, you can host your own Red, White and Blue Bash in your cafeteria! This year's theme presents the perfect opportunity to promote your school lunch program and the importance of child nutrition by celebrating patriotism, featuring regional foods, and teaching students fun facts about their heritage! It's bound to be a bang!



Have some Flag-Flying Fun with school meals!



Here are several ways to celebrate Stars, Stripes and School Lunch in your cafeteria from American School Food Service Association (ASFSA). Check out ASFSA's website at www.asfsa.org for more ideas and to download logos, menus, and recipes. Don't feel limited by these suggestions. Ask your kitchen staff for their creative ideas! You know what the kids will enjoy! Most of all have fun with National School Lunch Week. You work hard to feed children delicious, healthy meals- we salute you!

A Red, White, and Blue Bash

- ✓ Advertise your menu using the menu template included in this packet. Serve the NSLW menus and try the recipes included in this packet.
- ✓ Send a copy of the menu with a description of how you are celebrating home with the students, inviting their parents to lunch.
- ✓ Invite the teachers to lunch. Include a coupon for a free lunch in the invitation. Pick one day of the week and ask the teachers to dress up as a historical figure. Offer a prize for the best costume!
- ✓ Contact local media and invite them to lunch. Invite them on the day that the teachers and kitchen staff are dressed up. This is a great opportunity to spread the word about school lunch and it's role in nourishing future heroes!

From sea to shining sea

- ✓ Patriotism is a common theme across the United States- from the biggest cities to the smallest Montana towns. Partner with your history teacher to do some research about your town and what role it had in shaping America's history. Create fact sheets to distribute at mealtime, then collect completed sheets and draw for a door prize.
- ✓ Create a NSLW Road Trip by displaying a large map of the United States (or have the students sketch one) in your cafeteria and decorating it with bright-colored thumb tacks/photographs/postcards. Feature regional foods- such as New York Sub Sandwich, Liberty Bell Lasagna, or Golden Gate Grilled Cheese.
- ✓ Divide areas of the US between each class- let them research these areas and write menus reflecting regional foods. Meet with the class to decide which menu items are do-able and then do it! They'll love it!

More ways to have some Flag-Flying Fun with school meals!

Great American Heroes

- ✓ Don't forget to feature American heroes, past and present, in your celebrations.
- ✓ Get local heroes involved in your lunch program. Invite them to lunch. Start with local police officers, firefighters, volunteer EMTs, military personnel, postal workers, school board members, your mayor. Don't forget to recognize the unsung heroes involved in school lunch- the cooks, kitchen staff, janitors, volunteers, teachers and principals.
- ✓ For extra fun, have the kitchen staff dress up in uniforms of local heroes, or wear red, white and blue.
- ✓ Decorate your cafeteria to look like a police station or firehouse.
- ✓ Decorate with any red, white, and blue items! Firefighter hats, cowboy hats, and/or badges are fun.
- ✓ Play patriotic music during mealtime.
- ✓ Post a bulletin board featuring historical heroes corresponding with the current lesson plans of your teachers.

Monumental Meals

- ✓ Kids love to tell stories about where they have been! Ask them to write a short story about American Monuments they have visited, decorate with pictures/postcards, and hang them in your cafeteria or around your serving line.
- ✓ Post fun facts about National Monuments- Statue of Liberty, Mt. Rushmore. Don't forget to feature those in Montana, such as: Yellowstone National Park, Glacier National Park, Pompey's Pillar, and Little Bighorn National Battlefield.
- ✓ Ask the art class to build replicas of the Statue of Liberty, the Liberty Bell, or other local monuments for display in your cafeteria.



Fun Montana History Facts



It's been a while since we had an American History class! In the spirit of Stars, Stripes and School Lunch- let's take a look back and celebrate our Montana heritage. These facts can be developed into activity sheets to be distributed during lunchtime- collect them and draw for a door prize!

★ Montana was the 41st state to be admitted into the Union on November 8, 1889.

★ Montana's symbols represent the plant, animal and mineral specimens that distinguish Montana. They are:

- a) Western meadowlark (bird)
- b) Bitterroot (flower)
- c) Ponderosa pine (tree)
- d) Agate and sapphire (gem stones)
- e) Bluebunch wheatgrass (grass)
- f) Cutthroat trout (fish)
- g) Grizzly bear (animal)
- h) Maiasaura, or duck-billed dinosaur (fossil)
- i) Mourning Cloak (butterfly)

★ Two of the nation's major river systems-the Missouri and the Columbia-originate high in the Rocky Mountains of Montana.

★ The name Montana comes from the Spanish word *Montana*, meaning "mountainous."

★ Montana has the shortest river in the world! The Guinness Book of World Records recognizes the **Roe River** in Great Falls as the world's shortest river.

Source: State of Montana website www.state.mt.us, kids page.

Unusual American President Facts



★ **George Washington** had one remaining tooth at the time of his inauguration. During his lifetime he wore dentures made of human (some his own), cow, or hippopotamus teeth, ivory, and lead.

★ **Thomas Jefferson** had the bears brought back from Lewis and Clark's famous expedition displayed in cages on the White House lawn. For years the White House was sometimes referred to as the "president's bear garden."

★ **Thomas Jefferson** is credited with several inventions, including the swivel chair, a pedometer, and a machine to make fiber from hemp, a letter-copying machine, and the lazy susan.

★ **James Madison** was the first president to wear long trousers. All previous presidents wore knee breeches. At 5 feet, 4 inches and less than 100 pounds, he was the shortest and lightest president.

★ **James Madison's wife, Dolley Madison**, sent the first personal message using the Morse telegraph in 1844.

★ At 6 foot, 4 inches, **Abraham Lincoln** was the tallest president. He was also the first president to wear a beard.

★ **Grover Cleveland** had some life-changing events occur during his years in the White House. He was the only president married in the White House. The only president's child born in the White House was Cleveland's daughter Esther. The Baby Ruth candy bar was named after **Grover Cleveland's** baby daughter, Ruth.

Source: www.americanpresidents.org